Pain course after foot and ankle surgery

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Disclosure

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Our disclosures are in the Final AOFAS Mobile App

We have no potential conflicts with this presentation.

We have to disclose:

• One or more of the authors are paid consultants or got financial support direct or to their institution by the following companies:

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  German Foot and Ankle Society
Introduction

- Knowledge of normal postoperative pain course after surgical procedures is important, to
  - Educate patients preoperative
  - Optimize postoperative treatment
  - Improve results
  - Increase satisfaction
  - Identify patients with postoperative problems

- After most orthopaedic surgeries pain improves continually and reaches plateau at 6 to 12 month

- Pagensteert et al. showed that pain course after total ankle arthroplasty (TAR) is different to that of total hip or knee arthroplasty
Introduction

- The normal postoperative pain course after foot and ankle surgery is not known

- Postoperative partial- or non weight bearing and immobilization might influence pain course

- A prospective study was performed to evaluate the pain course after F&A surgery
Material & Methods

• Study period: August 2014 to March 2015
• Inclusion criteria:
  – Primary foot and ankle operation
• Exclusion criteria:
  – Age < 18yrs
  – Patients with complications
  – Revision operations
  – Planned secondary interventions
  – Neuromuscular diseases with altered pain perception
Material & Methods

• Personal pain dictionary with weekly documentation of
  – Pain-VAS
  – Pain medication
  – Activity

• Questionnaire preoperative and 6 wks, 3, 6 and 12 month postoperative including
  – UCLA
  – SF-36
  – FAAM
Results

VAS-score during follow-up

Pain-VAS (mean)

Pain-VAS (activity)

weeks postoperative

weeks postoperative
Results

FAAM Score

- Early weight bearing
- Late weight bearing
- Total
Conclusion

• Average pain course after F&A surgery differs from other operations with a second peak during remobilisation.

• Relevant pain increase is noticed up to 14 wks postoperative in patients with immobilisation and delayed weight bearing.

• Continuous pain decrease can be expected at least up to 12 month postoperative.
Literature


- Price, DD; McGrath, PA; Rafii, A; Buckingham, B: The validation of visual analogue scales as ratio scale measures for chronic and experimental pain. Pain, 17:45–56, 1983.
